

Mapping Your Strengths

It is important to have a good understanding of your strengths - they should be included in your application materials, integrated into your interview experiences, and highlighted in your internships and jobs.

Use the worksheet below to articulate your strengths and tell a STAR story that further articulates and supports each of your top five strengths.

	Strength	My Definition of Theme	Name of My Story	Situation	Task	Action	Result
Example	Includer	Having the ability to make sure everyone feels equally important	Group Project	While working on a group project for one of my classes	I reached out to classmate who was not participating, and helped them bring their ideas to the table.	The group was able to work together, with input from all members.	I found that it is important
1.							
2.							
3.							
4.							
5.							